HALF-POUNDER FOR THE GRILL
BURGER TOPPED WITH CHEESE, ONIONS {page 11}

LETTING IT ALL SWEAT OUT
BIKRAM YOGA HEATS UP {page 10}

MASON
FORWARD RE-SIGNS WITH CANUCKS
SPORTS {page 14}

VANCOUVER metro®
Tuesday, July 27, 2010
www.metronews.ca

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Homophobia tip line needed: NDP

Metro Vancouver leads Canadian big cities in hate crimes motivated by sexual orientation: Statistics Canada ◐ Pride events underway in Vancouver

JEFF HODSON/METRO VANCOUVER

▶ New Democrat MLA Spencer Chandra Herbert outside Qmunity, a queer resource centre in Vancouver's Davie Village yesterday.

JEFF HODSON
@METRONEWS.CA

With pride week approaching, New Democrat MLAs called yesterday for a number of anti-homophobia actions, including greater public education and the establishment of a tip line to report gay bashing.

"For too long, we've seen violence increase in our community and people get victimized when they shouldn't," said West End MLA Spencer Chandra Herbert, who was joined at the press conference by public safety critic Mike Farnworth.

Other actions are to ensure Crown prosecutors are aware of hate crime provisions, having a community safety worker to support victims and having more police officers on the beat in Davie Village during the summer.

Iran

Canada tightens sanctions

◐ International campaign against Iran's nuclear ambitions grows ◐ Energy, banking, trade sectors targets of Canada, European Union {page 4}

His Left Foot

Big Boi releases solo project after a long delay {page 8}

RIM scrutinized in Mideast

United Arab Emirates' watchdog eyes BlackBerry data {page 6}

Lohan getting plenty of visitors

Mom, ex keeping actress company while in jail {page 9}

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1 news

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Female Afghan police hopefuls get first day of training with Canadian mentors. Video at metronews.ca/canada

Allan Small on the benefits of a glass half-full look at a volatile market. More at metronews.ca/investing

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ScanLife

After Ottawa's month-long war against the census, will Canadians bother filling one out? Scan the code for more.

Rogers Arena cited in food safety study

Rogers Arena made a list of North American sports venues cited for food-safety violations.

According to an ESPN study, Vancouver health inspectors reported sightings of rodents, malfunctioning coolers and improperly maintained handwashing stations at the former GM Place.

In all, nine per cent of vendors were found in violation of the health code during inspections in 2009. Edmonton's Rexall Place was the worst offender in Canada.

VANESSA YEE

JEFF HODSON/METRO VANCOUVER

▶ Rogers Arena

Cops: Dog to calm down victims

A two-year-old yellow lab is being trained by Delta Police to calm people who have been traumatized, Victim Services co-ordinator Kim Gramlich said yesterday.

The dog will also "act as a bridge to communication" with children and those with disabilities, Gramlich added.

VANESSA YEE

KRISTEN THOMPSON/METRO VANCOUVER

▶ Shawn Woodward heads into court yesterday for the closing arguments in his assault trial.

Punch followed touch: Lawyer

- Gay man left unable to lead independent life forever
- Incident occurred at known gay-friendly bar

NATASHA POON
VANCOUVER@METRONEWS.CA

A man accused of punching a gay man resulting in a serious brain injury did it because "he was touched inappropriately," his defence lawyer said during closing arguments yesterday.

"It makes no difference if it is man to man, man to woman, or woman to woman type touching," Jacinta Lawton told a Vancouver court.

She added 37-year-old Shawn Woodward was unaware of his strength when he threw the punch that knocked out Ritchie Dowry, 62.

Earlier, Crown Counsel had accused Woodward of being a liar.

"There was no alleged sexual assault," Joel Whysall said.

"He lied to the court about what has occurred to deflect the true motive of why he punched on the jaw or cheek."

Whysall added that when Woodward uttered anti-gay slurs as he left the bar, he revealed the true reason for the alleged attack. A verdict is expected Aug. 10.

When

The conflict was at the Fountainhead Pub on March 13, 2009.

- **Testimony** Witnesses told the court Woodward threw the punch unprovoked.
- **Hate crime?** Members of the LGBT community say this could be a "hate crime."

Dry-weather wildfires approach North Van

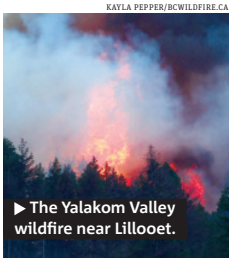
Wildfires, fuelled by hot, dry weather, have been breaking out across the province lately, and one of them came close to home.

A brush fire was spotted near Northlands Golf Course in North Vancouver Sunday night, and firefighters spent yesterday extinguishing hotspots. Jim Bonneville, assistant fire chief with the District of North Vancouver, said it's not clear how it started.

KRISTEN THOMPSON

100 Roughly 100 firefighters spent yesterday battling a 670-hectare blaze — which was started by a lightning strike — near Lillooet.

KAYLA PEPPER/BCWILDFIRE.CA



▶ The Yalakom Valley wildfire near Lillooet.

News in brief

Ambulance hits train

COLLISION. An ambulance collided with a train near Victoria, RCMP said yesterday. No one was injured. KRISTEN THOMPSON

Women falls near Lions

HIKE. A 23-year-old woman was taken to Lions Gate Hospital with a head injury after falling down a 15-metre slope near one of the Lions on the North Shore. The woman had been on an overnight hike.

KRISTEN THOMPSON

Gambler sues lottery corp.

LAWSUIT. A Victoria man is suing the province's lottery corporation after casino staff refused to pay him a $42,000 win because he was on a voluntary self-exclusion program.

THE CANADIAN PRESS

Pride Week kicks off in Vancouver

Celebration culminates Aug. 1 with Pride Parade Annual event has been held for 27 years

KRISTEN THOMPSON
@METRONEWS.CA

Vancouver's Pride Parade is less than a week away and already the rainbow flag is flying above city hall to mark the beginning of Pride Week.

Ken Coolen, spokesperson for Vancouver Pride Society, said the event is not just a celebration of gay culture and diversity, but a reminder that society still has ground to cover before it can claim to be tolerant.

That's why organizers chose Russian lawyer, journalist and LGBT rights activist Nicolai Alekseev as one of this year's parade marshals. Alekseev, who also founded Moscow Pride, is a "shining example" of this year's theme of liberation, said Coolen.

"Every year the city (of Moscow) bans Pride Parade. Most years (Alekseev) gets arrested. (And) every year they go on to do (the parade).

"Liberate speaks to the idea of not only legal liberation, but liberation from expectations and societal norms," Coolen added.

For more information, visit vancouverpride.ca.

"When we get more than half-a-million people (out for Pride), we're showing ... that we are all one."
KEN COOLEN, VANCOUVER PRIDE SOCIETY

RAFE ARNOTT/METRO VANCOUVER FILE PHOTO

▶ Dancers aboard the Odyssey Nightclub's float at the 2008 Pride Parade.

Schedule of events for Pride 2010

1 Queer Arts Festival: Opens Tuesday

The festival kicks off with performances by Doug Cameron with Coming Unbuttoned and the Gayest show on Earth with Darcy Michael. For tickets and more information, visit prideinart.ca.

2 Shop with Pride at Holt Renfrew at Pacific Centre: Wednesday, 6-9 p.m.

Join Vancouver Pride for an evening of cocktails, live performances and fashion while you shop with pride.

3 Carnival Drag Queen Gala: Wednesday, 5 p.m.

Go all out in drag for a chance to win a $100 bar tab at 1181 Lounge. Don't have drag at home? Get dressed with the surprise Drag Bag!

More coverage

▶ **Tomorrow in Metro:** A look at gay servicemen and women in the military.

4 Party with Tyra Sanchez and Samuel Colt: Wednesday, 10 p.m.

Get it on at Celebrities Night Club with RuPaul's Drag Race Season 2 winner Tyra Sanchez and international porn star Samuel Colt. Tickets are $10 in advance.

5 Pride Movie Night: Thursday, 7 p.m.

Enjoy popcorn and movies with the LGBT community at Vancity Theatre. The night will include Beyond Gay, an award-winning documentary on the Politics of Pride.

VANESSA YEE

Toddler run over, killed in church parking lot

A three-year-old girl in Port Hardy has died after she was run over in a church parking lot.

A woman was parking a passenger van when she rolled over the toddler. A doctor was on scene immediately and paramedics soon after, but the little girl could not be saved.

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Canada toughens sanctions on Iran

Joins Western allies in imposing new measures Increases pressure for Tehran to drop nuclear weapons

Iran's energy, banking and trade sectors are the target of new sanctions imposed yesterday by both Canada and the European Union.

The separate announcements are part of an international campaign against the country's nuclear ambitions.

While the West accuses Iran of trying to develop nuclear weapons, Tehran says its program is devoted to electricity production only.

But Foreign Affairs Minister Lawrence Cannon said the international community is united on the need to curb Iran's nuclear efforts.

"No state can threaten international peace and security without consequences," he told reporters yesterday.

Canada's new sanctions include a ban on any new Canadian investment in Iran's oil and gas sector or government securities, and restrictions on exporting goods that could be used in nuclear programs.

Iranian banks will also will be barred from opening branches in Canada and Canadian banks will not be able to set up operations in Iran.

"These additional sanctions are in no way meant to harm or punish the Iranian people," Cannon said.

"They are aimed at Iran's irresponsible and aggressive government."

THE CANADIAN PRESS

"The acts of Iran ... are an affront to Canada's standards."
LAWRENCE CANNON, FOREIGN AFFAIRS MINISTER

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Foreign Affairs Minister Lawrence Cannon said in Ottawa yesterday that the new sanctions are meant to punish Iran's "irresponsible and aggressive government."

Semrau saved my life, trooper testifies

An army private says Capt. Robert Semrau saved his life when their outpost came under heavy mortar fire in Afghanistan — but top brass say the disgraced soldier should be booted from the military.

A military sentencing hearing heard yesterday from members of the rank-and-file who served with Semrau, as well as the top commander who was on the ground when the captain shot an unarmed and wounded insurgent after a bloody battle.

Pte. Joseph Villeneuve said Semrau saved his life two years ago as insurgent shells rained down on their forward-operating base.

But those heroics don't justify shooting a weaponless enemy fighter who had been nearly cut in half by helicopter fire, testified Brig.-Gen. Denis Thompson, the former top Canadian commander in Kandahar.

THE CANADIAN PRESS

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SEAN KILPATRICK/THE CANADIAN PRESS

▶ Capt. Robert Semrau and his wife, Amelie Lapierre-Semrau.

News in brief

Not the best stick-up job

NEW WESTMINSTER. Early Saturday, a 43-year-old man chatted with two police officers outside a coffee shop, before following them inside and demanding cash from an employee. The oblivious would-be robber is now awaiting a court date. THE CANADIAN PRESS

Did U.S. ask Canada to pressure Saudis?

The United States asked Canada to put diplomatic pressure on Saudi Arabia and South Africa over apparent Taliban fundraising activities.

The revelation is contained in nearly 9,200 pages of classified American documents released by online whistleblower Wikileaks.

One report outlines how Washington wanted Ottawa to join it in issuing a formal protest to both Riyadh and Pretoria. The report says a top Canadian official was receptive but asked to see more specifics before agreeing. THE CANADIAN PRESS

Plastic bottle boat ends trip

An 18-metre sailboat, largely constructed from 12,500 recycled plastic bottles, has completed a four-month journey across the Pacific Ocean, in an effort to raise awareness about the perils of plastic waste.

THE ASSOCIATED PRESS

RICK RYCROFT/THE ASSOCIATED PRESS

▶ The Plastiki bottle boat

Energy drinks no good for kids: CMAJ

The Canadian Medical Association Journal is voicing alarm over the increasing popularity of highly caffeinated energy drinks among kids and teens.

The journal says the drinks have crossed the line from beverages to drugs delivered as tasty syrups.

An editorial in the journal says some of the drinks contain the caffeine equivalent of 10 cans of cola. It raises particular concern about the fact that advertising for the drinks targets kids and teens.

THE CANADIAN PRESS

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7544 Vedder Rd.

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Willowbrook Shopping Centre
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

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32555 London Ave.

New Westminster
Royal City Centre

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BlackBerry raises security concerns

UAE regulator says certain applications allow people to misuse device's service Kuwait and Saudi Arabia have expressed similar concerns

How email and text messages are managed on BlackBerry smartphones is facing scrutiny in the United Arab Emirates, where authorities say the devices operate outside national laws.

The Middle Eastern country's telecommunications watchdog has noted that data services are managed by Research In Motion outside local control and it wants that to change.

The United Arab Emirates is among countries that censor websites and other forms of media.

"It's a control issue," PC Magazine analyst Sascha Segan said yesterday.

Data from BlackBerrys in United Arab Emirates goes through RIM computers in the United Kingdom, he said.

"Uniquely on BlackBerrys, all email and a lot of other data goes to a set of RIM computers before it goes to its destination," said Segan, managing editor of PCMag Mobile.

"That is so RIM can compress the data to speed up transfers and so that RIM can bundle it to lower the impact on battery life, and so that RIM can encrypt and secure the data for corporate management reasons."

The BlackBerry is well-known known for the security it provides to its users, which may be of interest to authorities in UAE.

THE CANADIAN PRESS

PUBLISHING

Authors balk at e-classics

A literary agency's decision to publish e-editions of *Lolita*, *Invisible Man* and other classics and sell them exclusively through Amazon.com received a mixed response from the Authors Guild, which represents thousands of published writers.

In an e-mail sent yesterday to authors, the Guild defended the Wylie Agency's right to sell e-books of older works without the publisher's permission, but also criticized excluding Amazon's competitors and worried about "serious potential conflicts of interest" when an agent becomes a publishing house.

"A major agency starting a publishing company is weird, no matter how you look at it," the Guild's message said.

THE ASSOCIATED PRESS

Dolls. Move over, Barbie

Bratz dolls have been in scarce supply while MGA Entertainment and Mattel battled over their rights.

MGA ENTERTAINMENT/THE ASSOCIATED PRESS

Court awards Bratz to MGA

An appeal court decided last week that the rights to the Bratz franchise belong to MGA Entertainment. Mattel earlier claimed that the Bratz's designer was working for Mattel when he created them and Mattel should get ownership of the trademark. Two new lines of the doe-eyed dolls should hit stores by the end of August.

Source: BP to move Hayward

BP is jettisoning CEO Tony Hayward, whose verbal blunders made the oil giant's image even worse as it struggled to contain the Gulf oil spill, and will assign him to a key job in Russia, a person familiar with the matter said yesterday.

Hayward is set to step down in October and take a post at TNK-BP, the company's joint venture in Russia, according to the person, who spoke on condition of anonymity because an official announcement had not been made by the British company's board.

Moving Hayward gives BP a chance to make a fresh start. BP executive Robert Dudley, an American who has been overseeing oil spill recovery efforts, is likely to be his successor.

5%

In New York, BP shares rose almost 5 per cent yesterday as the stock market anticipated a formal announcement about Tony Hayward.

The board met yesterday but it was unclear whether it had made the demotion official. A statement was expected early today.

It's not yet clear what Hayward's role will be with TNK-BP, but the job suggests BP still holds more faith in Hayward than much of the U.S. public and political establishment do. Analysts consider the Russian venture one of BP's crown jewels; it accounts for a quarter of the company's production.

THE ASSOCIATED PRESS

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Ottawa lowers bar for choppers

Ottawa is dropping key performance standards for navy helicopters due this fall in return for the manufacturer's promise to guarantee another $80 million in work for Canadian aerospace companies over the next two decades.

The revised deal with U.S.-based Sikorsky, signed June 30, means the first six Cyclone choppers that fly from frigates in November won't be required to have a system allowing some encrypted tactical information to be exchanged between ships and helicopters.

THE CANADIAN PRESS

Fewer Canadians going broke

The number of Canadian personal and business insolvencies fell in May.

The federal bankruptcy office in Ottawa says the total number of filings dropped to 11,526 — down nearly 13 per cent from May 2009.

Consumers made 12 per cent fewer bankruptcy filings, while business filings dropped 29.8 per cent.

THE CANADIAN PRESS

Legalized 'jailbreaks' on the way

Owners of the iPhone will be able to break locks on their devices in order to download applications that have not been approved by Apple. The U.S. government is making that legal under new rules announced yesterday.

Another exemption will allow owners of used cellphones to break access controls in order to switch carriers. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+31.86 (11,746.07)	+0.34¢ (96.86¢ US)

Oil	Natural gas 1,000 cu ft
Unchanged ($78.98 US)	$4.612 (+3.2¢)

Gold contracts $1,183.10 (+ $4.70)

STRANGERS ON A TRAIN: TICKET TO FLIRT

She says ...

JESSICA NAPIER

Even though I'm in a happy, committed relationship, I have to admit that lately I've been spending a lot of time pressed up against other men ... and women.

Like many urbanites, I spend more than an hour every day crowded inside packed trains and buses, dutifully riding to work with my fellow commuters. In fact, as you read these very words I'm probably desperately clutching onto a subway pole nearby, carefully balancing on my not-so-sensible heels.

While I might start every journey with a small sense of pride (I'm eco-friendly and saving money on car insurance!), I inevitably emerge from the underground a sweatier, crankier version of myself. It's uncomfortable, overcapacity and there is always some guy standing beside me with his iPod turned up far too loud.

Public transit is certainly not sexy. But for some people — and these are probably the same folks who think the gym is an appropriate pick-up locale — the daily commute is prime time for serious flirting.

I'll admit, there are some attractive people riding transit. But when a brutal combination of signal delays and construction holdups have left me standing on a platform for 20 minutes, I am in no mood to strike up a conversation.

"I can see the potential for romance happening every day in the stolen glances across the aisle and the hands brushing against one another as they clasp at the same subway pole."

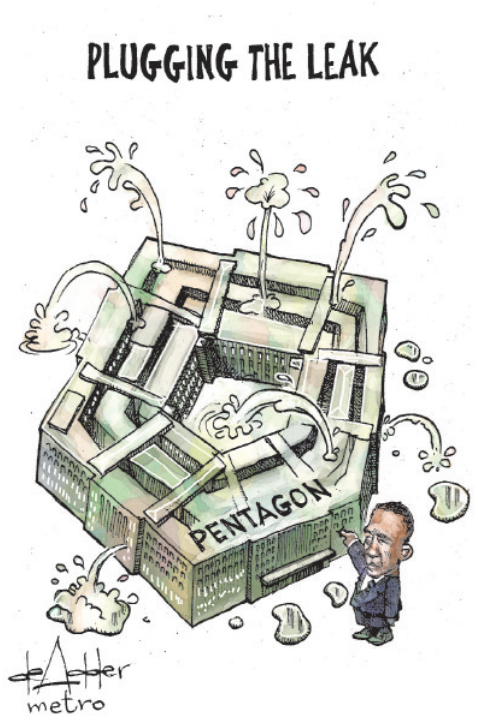
Yet, I can see the potential for romance happening every day in the stolen glances across the aisle and the hands brushing against one another as they clasp at the same subway pole. Just spend five minutes on Craigslist browsing the "missed connections" page and you will find plenty of commuters hoping to reunite with a rush-hour run-in.

The more time I spend on public transportation, the more I wonder how many real relationships blossom out of these fleeting encounters. I assume that for every successful hookup there are about 100 awkward and embarrassing rejections. Sometimes it's hard to know when your subtle eye contact has turned into creepy leering. Here's a hint fellow riders: Glancing up from your book is coy; undressing someone with your eyes is inappropriate.

So good luck to all you single travellers, but remember to practise picking up with caution. In the words of 30 Rock's Liz Lemon, you can do some serious flirting on the subway before you realize the guy is homeless.

Cartoon

MICHAEL DE ADDER



Highest form of flattery

Letters & Tweets

Re: Ned Ehrbar's story for Dinner for Schmucks (July 23-25)

TORONTO. We read the story, but nowhere did we find a reference to the original movie (Le dîner de cons) or to its screenplay author Francis Veber. It saddens us that there were no references to the original idea.

Veber should have received his credit. Even its title is a direct translation of the original title.

TANIA YUDITSKAYA AND EUGENE ZHILINSKY

We asked: What book would you like to see made into a movie?

TORONTO. The Regiment (1955) by Farley Mowat, Ortona by Mark Zuehlke, and the classic crime novel Red Harvest (1929) by Dashiell Hammett.

LARRY ROBERTS

TORONTO. I would suggest that the huge amount of paper you waste in printing celebrity gossip every day could be put to better use. I certainly have not been living in a cave, but I have never heard of any of these people.

The dumbing down of journalism in recent years is quite alarming and actually quite insulting.

Why don't you break free of the braying herd and work to correct it?

FRANK MACKAY

Is imitation on the menu?

TORSTAR NEWS SERVICE FILE

What would you rather have more of, time or money?

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Metro Minute with Queer Arts Festival

JENNIFER O'CALLAGHAN/FOR METRO VANCOUVER

▶ Sean Cummings, producing director of the Queer Arts Festival at the Roundhouse Theatre's Exhibition Hall, with The New Mexican Family by Sakino Sepulveda.

Queertopia, The Best Place on Earth? is the theme of this year's Queer Arts Festival at the Roundhouse Community Arts and Recreation Centre in Yaletown.

Formerly known as the Pride In Art Festival, the Queer Arts Festival is slated to bring a diverse mix of international and local talent to the scene, with visual art as its core discipline.

To kick things off, Doug Cameron will perform his popular show, Coming Unbuttoned, and comedian Darcy Michael will take the stage with The Gayest Show on Earth.

For a full calendar of events, visit queerartsfestival.com. The Queer Arts Festival runs until Aug. 14.

JENNIFER O'CALLAGHAN

2 scene

In brief

Barack Obama is scheduled to appear on the Thursday edition of ABC's The View. This will be the first time a sitting U.S. president visits a daytime talk show.
THE ASSOCIATED PRESS

▶ Big Boi is hard at work on the next Outkast album, and his next solo project, Daddy Fat Sax: Soul Funk Crusader.

Feels so fresh and so Lucious

After being told his album was too artsy, Big Boi took it to another label and gained much success

Rapper tapped into his Jedi music-making skills

Big Boi answers the phone with an "'El-low mon," horsing around in a fake island accent. The time seems right for fun and games, since the rapper, half of mega hip-hop group Outkast, finally released his delayed solo project Sir Lucious Left Foot: The Son of Chico Dusty.

The release comes after an extended period of drama with his former record label. Jive held the album for nearly three years, saying it was too artsy to put out. So Big Boi went to Def Jam.

A creative mix of funk, soul, electro and retro sounds — like nothing you've ever heard, and everything you want to dance to — Sir Lucious debuted at No. 3 on the Billboard charts and is receiving tremendous critical acclaim. Hell, notoriously biting Pitchfork even gave the album a 9.2.

So is it time to walk around the Jive offices with an I-told-you-so smirk? "I think the world is telling them," says Big Boi. "You have to leave the music-making to the professionals."

Even when Jive shelved the project, the Atlanta native says he never considered tweaking his work: "I'd rather not do music if I had to conform to today's standards. I know what I wanted it to sound like. And I'm definitely not a quitter."

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DVD releases

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Yawn ●●| Don't bother ●

Clash of The Titans
Genre: Action
Director: Louis Leterrier
Stars: Sam Worthington, Liam Neeson
●●●
People watching this unintentionally hilarious remake of the 1981 adventure epic will be tempted to groan "Argh-oohs!" at regular intervals, as fans of a football team are wont to do whenever their heroes disappoint them.

You don't need any further enticement to moan or snicker than what's already on offer from Clash of the Titans, directed by Louis Leterrier (The Incredible Hulk). It's definitely in the so-bad-it's-good category of blockbusters.

Avatar's Sam Worthington plays a half-man, half-god hero named Perseus, who is leading a human grudge match against the gods of Mt. Olympus: disco-dressed Zeus (Liam Neeson) and his bilious brother Hades (Ralph Fiennes).

It's one supremely silly movie, but it's also a Razzies-ready hoot, especially when the gods get really mad at the rebellious humans and Zeus yells, "Release the Kraken!"

Extras include deleted scenes, alternate ending, production info and "Maximum Movie Mode" with Neeson, Fiennes, Worthington and Leterrier. ● PETER HOWELL

Scan code for a story on old rockers made new (for instructions, see page 3)

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

Every time Neil Young plays Winnipeg — he's playing there tonight — it's a big deal. While the legendary artist was born in Toronto and lived in Omemee, Ont., as kid, it was in the 'Peg where he spent his teenage years.

YOUNG FOREVER CANADIAN

The city's residents love to claim Young as their own, and you can't blame them — he played Winnipeg's clubs, started his first band The Squires here, was friends with Randy Bachman — but is he really a Winnipeg artist? Or even a Canadian one for that matter?

Young might play north of the 49th sometimes but he has never recorded an album in Canada and his producers are almost all American. (He is working with Daniel Lanois on a new disc.) He's been living down south for 44 years, pays American taxes and his wife and kids are all born in the U.S.

However, in a 2005 Time Magazine interview he said: "If I ever had to give up my Canadian citizenship to become American I wouldn't do it … I love Canada. As I get older, more and more I start singing about Canada."

So, as long as he's a Canadian citizen, he'll stay Canadian in my books. But I wouldn't call him "Winnipeg's own". He's lived in various cities across the country and really, he belongs to everyone here.

Lindsay getting tons of prison TLC

Family and friends have been wearing out their guest passes to keep the jailed actress company

Lindsay Lohan has been using up her weekly visitors quota quickly while at the Lynwood, Calif., detention center where she's serving out her sentence. So far, she's getting face time with mom Dina Lohan, lawyer Shawn Chapman Holley and, most notably, ex-girlfriend Samantha Ronson, according to People magazine, who has been supportive of Lohan during her legal battle, prompting rumors of a rekindled romance.

As she left the detention center, Ronson snapped at a reporter asking her how Lohan was doing, saying, "How do you think she's doing?".

People.com also reports the other prison inmates are "completely sick" of the preferential treatment Lohan is getting.

"She's not treated like if it was anyone else going to jail," Maria Medina, a relative of an inmate at Lohan's jail told People. "Like, if they even want to bring her new clothes or bring her anything, they put the whole facility on lockdown. It happens all the time."

But according to the Los Angeles Sherrif's Department, the star is not getting any special claims, and it's "business as usual."

METRO WORLD NEWS

AP PHOTO

Talking points

Two boring, pretty people get married

NEXT! After just one month of engagement, Victoria's Secret model Miranda Kerr and Pirates of the Caribbean star Orlando Bloom tied the knot in a private ceremony, according to People magazine. The surprise wedding was so secret that Kerr even had something else planned for that day: an appearance at Australian department store David Jones, which she canceled at the last minute. "David Jones very graciously released me during this period so we could celebrate an intimate ceremony and honeymoon together," Kerr said in a statement.

Although the pair has remained mum on honeymoon plans, chances are, their trip will include an ever-changing roster of expensive lingerie and bikinis.

METRO WORLD NEWS

Celebrity tweets

David Spade [@David-Spade] did paris hilton get caught w pot again? i think thats lost its shock value. its like hearing she ran a stop sign

Samantha Ronson [@samantha-ronson Today is the first day of the rest of your life! Unless, of course, you count yesterday and the day before that and the one before that.

Tila Tequila [@Tila-OMG MAYBE WHAT LINDSAY NEEDS IS A PEN-PAL???

John Mayer [@johncmayer] I've heard a lot of references to "capris" "manpris" and "clam diggers" but the correct terminology is "high-water pants"

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3 life

Sweat the hot stuff

Bikram or 'Hot' Yoga is one of the hippest and sweatiest workouts out there Metro speaks to an instructor to understand the benefits and drawbacks of letting it all out

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

▶ In the heat of the workout. Bikram Yoga class in a hot and sweaty London studio.

The Basis Of Bikram

The postures combine balance and resistance. Bikram goes beyond flexibility, requiring coordination, focus and stamina through the core. The body builds up strength around flexibility, and not the other way around. Like all other physical exercise, the benefits gained from Bikram Yoga will be heightened for those living a healthy balanced life in parallel.

Why the heat?

The Physical

Bikram Yoga is a selected series of 26 hatha yoga postures carried out in a heated room of up to 40 C. Designed by Yogi Bikram Choudhury, the motive was to trigger sweating, ultimately the body's most natural and effective way of ridding itself of toxins and impurities. Sweating is a natural part of exercise, cooling you down, and people should learn not to be put off by it. Although exercising at such high temperature is challenging, there are many advantages.

Oram, who teaches Bikram Yoga in London explains how both the heat and sweating cause the blood to thin, clearing the circulation system. Oram says: "40 degrees is a safe temperature to stretch and work out in as the muscles stretch more easily in the heat and the joints work better, allowing you to push deeper into the stretch."

Heat is a catalyst to sweating, making the body detoxify and cleanse the skin. "You will experience an all-round improvement, from how your body heals, to the circulation of blood around the body over to kidney function," he explains. The heat also removes some of the lactic acid build up we experience with exercise, reducing feelings of stiffness or pain.

"Remember, heat is a catalyst for everything," says Oram, "Warm muscles burn more calories and the postures will have you pushing your physical boundaries. Adding heat to the equation will improve the speed of heart and respiration rate, further improving metabolism." Being more in tune with your body as a whole also reduces the risk of injury.

The mental

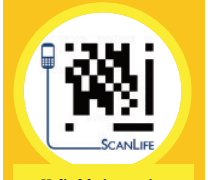
Being active is very calming for the mind, promoting willpower and mental strength. The challenging nature of Bikram Yoga forces you to focus your mind and whatever your limits are, you are made to face and assess them. Letting your attention switch to your body and senses, from healing into feeling stretching and breathing will help you feel more balanced and calm. On the other hand, for those who are over active, Bikram is a healthy medium through which to channel excess energy. The end of each class is like the slate has been wiped clean again, promoting a feeling of lightness of mind.

Breathe And Burn

Breathing is a key element across all forms of Yoga and getting it right can be tricky. In Bikram, breathing comes first in the form of pranayama. This particular breathing technique is aimed at improving the circulatory and respiratory system and opening up the chest and the lungs. Over time, the lungs elasticity is increased giving them a greater capacity and ability to take in deeper breaths.

News in brief

Elliptical trainers have been a long-time presence in gyms and fitness facilities and a go-to piece of equipment for those looking to get their cardio fix. But for individuals suffering from lower back problems, research suggests they may need to think twice before stamping their ticket to ride on the popular workout machines.
THE ASSOCIATED PRESS



Medical devices causing injuries for children

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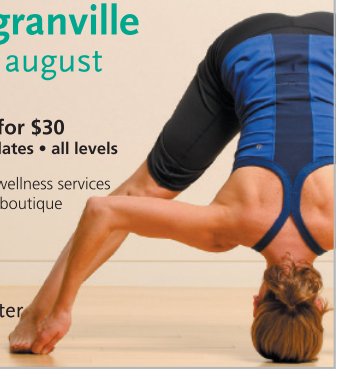
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THE ASSOCIATED PRESS

▶ Griddled and grilled Monterey Jack cheese burgers with spicy chipotle caramelized onions and cilantro.

Griddled & grilled cheese burgers

New York chef shares his basic burger creation topped with chipotle chilies and Monterey Jack cheese.

When crafting a great burger, check the weather.

So goes the advice of Adam Perry Lang, owner of New York's Daisy May's BBQ USA restaurant, a classic rib shack known for its pulled pork and beef ribs.

"Sometimes I love a burger that is rich in fat — 70-30 blend of protein to fat," he said in an email. "I like these on colder days when I need fat and heartiness. In the summertime, a leaner burger is appreciated. 90-10 can do the trick."

For the AP's 20 Burgers of Summer series, Perry Lang offered up a basic burger — nearly a half-pounder — topped with caramelized onions spiked with chipotle chilies and Monterey Jack cheese.

Ingredients:

- 1.1 kg (2 1/2 pounds) ground beef (80 per cent lean)
- 60 ml (1/4 cup) cold water
- 7 ml (1 1/2 tsp) kosher salt, divided
- 7 ml (1 1/2 tsp) ground black pepper, divided
- 15 ml (1 Tbsp) canola oil
- 30 ml (2 Tbsp) unsalted butter or olive oil
- 6 small to medium sweet white onions, thinly sliced
- 30 ml (2 tbsp) pureed chipotle in adobo
- 60 ml (4 tbsp) thinly sliced scallions
- 30 ml (2 Tbsp) coarsely chopped fresh cilantro
- 30 ml (2 Tbsp) flat-leaf fresh parsley leaves
- 6 slices Monterey Jack cheese
- 6 hamburger buns

Preparation:

1. In a large bowl, mix together the beef and water. Shape into 6 patties, about 2.5 cm thick.
2. In a small bowl, mix together 5 ml (1 tsp) each of the salt and pepper. Use the blend to season the burgers, pressing it into the meat. Heat a grill to medium-high.
3. Set a griddle pan on the grill and add half of the butter or oil. When the pan is hot, add the onions, season with the remaining 2 ml (1/2 tsp) each of salt and pepper and saute until the onions soften and start to brown. Add the pureed chipotle, scallions and cilantro.
4. Push the onions to one side of the griddle. Heat the remaining butter or oil on the empty side and place the hamburgers on it. Cook for 2 minutes, then flip and cook for another 2 minutes. Move the burgers to the grill and cook to desired doneness, flipping halfway through (2 minutes per side for medium-rare).
5. Stir the parsley into the onions and spoon the onions onto the hamburgers. Lay a slice of cheese on top of each and continue cooking until it melts. Place a burger in each bun and serve.

THE ASSOCIATED PRESS

Wines inspired by real life

Since I love it when there's a chemistry between what's happening in the news and what I find in my glass, the fact that I tried the 2009 Big House White ($9.95 - $13.22) the same day Lindsay Lohan began her time as a guest of the California penal system wasn't lost on me.

Originally created by iconic California winemaker Randall Graham as part of his Bonny Doon family of wines; the Big House line (that also includes a red and pink version) was sold to another company a few years ago. Named for nearby Soledad State Prison in Monterey County, the white is an eclectic mob of grape varieties that includes chenin blanc, sauvignon blanc and viognier, to name a few. The mix creates a über fragrant wine with a juicy, citrus-meets-tropical flavour and surprisingly Mediterranean sensibility.

PETER ROCKWELL
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Smug Marrieds

KATE STEWART & BRET DAWSON
2FORCOUPLES.COM

If your relationship is being driven into the ground by bad communication it's up to you to say so

Q: Smug Marrieds, I used to drive all the time, but now my hubby is always in the driver's seat and I'm the passenger. What's up with that?

Kate says...

Maybe you can explain this phenomenon to me. I have never understood it, and I've seen it happen again and again. Not always, but really, really often, women just let their husbands drive all the time when they are in the car together. It's not that they've forgotten how to drive — they still manage to get around quite handily when they are alone.

Drinking helps, I find. If he always drives, then surely he must always drive when you've been out to a dinner party, which means you get to drink all the wine. Typically, unless he is truly freakishly uptight about this, he realizes the sacrifice he's making and you naturally end up negotiating equal driving rights.

But then, not everyone drinks, so the question remains: Is it just that once comfortably coupled, men feel that they can let their naturally controlling instincts prevail behind the wheel? With Bret and me, I drive maybe 80 per cent of the time, which, from what I can tell, suits us both.

▶ Sometimes it's healthy to have a good fight.

Bret says...

Darling, do you even need me to write this column?

Q: I just moved in with my girlfriend. We've been together for over a year and have never really fought. Now all of a sudden I find everything she does totally annoying (48 bucks on fashion magazines?!?). I think she feels the same way. Are we dust?

Bret says...

Yes. Yes, you are totally dust. As Kansas once said, "All we are is dust in the wind."

Okay, here's the deal. When Kate and I first moved in together, I thought it would be good to impress her with my command of the kitchen. Once, I had some really good chili where the secret ingredient was two squares of unsweetened chocolate.

So when it came time to show off my chops over the stove, I dreamed up a little concoction involving cocoa-infused brown rice. It tasted like 12 layers of ass.

Kate did not like eating it. I did not like eating it either. She was too polite and I was too full of Grade 7 pride to just dump it in the garbage and order something Thai instead.

And I felt small and humbled inside. Are we, I asked myself, dust? Looking back, the answer is clear: Of course not.

Kate says...

Are you dust? Not if you do something about this fast.

When Bret and I moved in together, I personally felt like killing him about five minutes into the whole deal.

Bret and I communicated pretty much exclusively by snapping at each other and glaring for the first week we lived together, after sustaining an impressive dewy and doe-eyed phase in our relationship. If you've been together for a full year and never once had a proper drag-'em-out, hold-no-prisoners yelling match, there is probably something you're not telling each other.

The luxury of being able to slink back to your own place to stew and steam and repress all those pent-up resentments over niggling slights is gone. Now you actually have to talk to each other.

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Metro - July 27/10

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▶ The Shad program has allowed for new developments.

Closing the generation gap

Teens don thinking caps to help aging population

Teens sometimes get a reputation for not respecting their elders. But one group is not only respecting them but finding new ways to help them.

When 16-year-old Nicholas Schiefer, a high school student from Pickering, Ont., signed up to take part in Shad Valley, a month-long, nationwide enrichment program for high school students, he little imagined he would be facing the task of developing a product or service designed to help the country's rapidly aging population.

The issue has dogged governments, corporations and policy-makers for longer than most Shad participants have been alive, but Schiefer and 10 of his fellow participants were tasked with presenting a fully developed solution — complete with working prototype and 30-page business plan — in just 19 days.

Several hours spent cloistered in a room on the University of British Columbia campus yielded hundreds of suggestions, but the penny didn't drop for the enterprising teens until they hit upon the unlikely combination of memory aids and wheelchair mechanics.

"One of our group members used to volunteer in a hospital, and she used to hear the nurses constantly reminding patients to lock their wheelchairs before they stood up," Schiefer said in a telephone interview. "We decided to develop a wheelchair braking system that would make it easier for them to remember this."

The final product, the result of hours of work and many sleepless nights, is an armrest extension attached to a metal rod. When the occupant compresses the extension, the rod comes down and locks the wheels in place, allowing seniors to lean on the device for support without fear of falling.

"It's amazing to work with people who are just as capable and just as motivated as you are"
NICHOLAS SCHIEFER

"It's amazing to work with people who are just as capable and just as motivated as you are," he said.

Hundreds of kilometres away at another Shad meeting, a memory aid was also being produced on the University of Waterloo campus where 16-year-old Connor Seidel and his group members were grappling with the question of how to help seniors keep track of their medications.

The teen, from Baie D'Urfe, Que., near Montreal, helped design a device that helps keeps pills organized and reminds seniors when it's time to take them.

"It kind of looks like a spice rack," Seidel said. "It's a revolving rectangle with 31 slots, one for each day of the month. Each slot is meant to hold one pill container, and those containers each hold five additional time slots so you can take pills at different times per day."

The device, dubbed the MedRack, also comes with a portable watch that can be programmed to go off at given times.

THE CANADIAN PRESS

Beware little birds returning to nest

Don't let your kids' financial boomerang hit you in the back of the head

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Take a gander at this stat: from 2001 and 2006 the number of 25 to 29-year-olds who were either still living at home or had returned to the nest nearly tripled. And this was before the recession.

So many are returning home as young adults that Statistics Canada dubbed them the boomerang generation. The Stats Can wits say those who never left home at all, "failed to launch."

Gen Y'ers — born 1977-1986 — aren't necessarily more indolent than previous generations, rather they're being squeezed in a vice. According to Statistics Canada, employment income for 22 to 34-year-olds has decreased relatively regardless of education over the past two decades. At the same time the cost of living, especially education, has increased dramatically. It's a pretty simple recipe for disaster.

Paying down education debt or saving for an asset like a car or a house are two reasons to head or stay home. But financial difficulties caused by heedless spending is something different.

A few years ago one of my daughters wanted back in, but refused to discuss the reason, which I knew was largely caused by over spending.

I made it a condition of her return that we would monitor her finances. Along with giving birth to her, this was among the most painful experiences of my life — but it worked. She is now a very financially responsible mom.

No matter why your child comes back home make sure he or she contributes financially or you'll find your own disposable income suddenly shrinking.

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4 sports

Battle brewing over contract

MEL EVANS/THE ASSOCIATED PRESS

▶ Ilya Kovalchuk

The NHL Players' Association filed a grievance yesterday that disputes the league's rejection of Ilya Kovalchuk's $102-million US, 17-year contract with the New Jersey Devils.

An independent arbitrator will be named to settle the battle over a contract the NHL felt violated the spirit of the Collective Bargaining Agreement with the players. Kovalchuk cannot play until the case is resolved.

"Under the terms of the CBA, the NHLPA and Mr. Kovalchuk are entitled to an expedited resolution of this matter," the NHLPA said in a statement.

It added the union would have no further comment "until this matter has been resolved by an arbitrator."

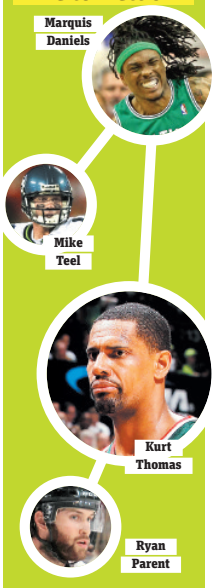
NHL deputy commissioner Bill Daly, who called the longest deal in league history a "circumvention of the CBA" in rejecting the landmark contract last week, said they were ready to face the arbitrator.

"Although there is no defined timetable at this point, we intend to work with the players' association to ensure an expeditious resolution of this dispute," Daly said in a statement. "The league looks forward to the opportunity to establish its position before the arbitrator."

The league felt the Devils went too far in giving the 27-year-old Russian a contract that would pay $95 million over the first 10 years, but only $7 million over the final seven. That would reduce the cost against the salary cap to a relatively modest $6 million per year.

The final five years would pay only $550,000 per season. Questions were also raised over the duration. It would end when Kovalchuk is 44, well past retirement age for most players. **THE CANADIAN PRESS**

The connection



Can you guess the connection between these athletes? Answer below.

CONNECTION ANSWER: ALL SIGNED CONTRACTS YESTERDAY (TEEL WITH BEARS, THOMAS WITH BILLS, DANIELS WITH CELTICS AND PARENT WITH PREDATORS.)

Quoted

"I definitely think the team we have here now is how they played in the '90s."

BRIAN MCCANN, ON THE ATLANTA BRAVES

Scan code for news

Is Romo ready to assume elite status?

Cowboys QB coming off stellar season But he's still searching for elusive Super Bowl victory

SCOTT BOEHM/GETTY IMAGES

▶ Quarterback Tony Romo of the Dallas Cowboys.

Tony Romo finally has a playoff victory for the Dallas Cowboys to go with his three Pro Bowl selections.

The former undrafted quarterback is coming off another record-breaking season in which he also had a career-low nine interceptions while taking every snap for the NFC East champions. He has a 38-17 record as a starter.

Certainly biased Wade Phillips already considers Romo an elite quarterback — "I think Tony's there," the coach unabashedly said at the start of training camp.

Yet after only three seasons as a starter, Romo knows it will take a lot more than what he has done already to be discussed in such terms. He expects to be judged by wins, Super Bowls "and things of that nature."

"The only way to be included in any talk of anything is to go out and win a championship."
TONY ROMO, DALLAS COWBOYS

"I love the tradition and the history of the game," Romo said. "So for me, you set out to accomplish certain goals and right at the top the only way to be included in any talk of anything is to go out and win a championship."

Maybe this will be the season Romo can add that to his glowing yet incomplete resumé.

With 20 of 22 starters back from last year's division winner that defeated Philadelphia in the playoffs, there are expectations that Dallas could end its 15-year Super Bowl drought. **THE ASSOCIATED PRESS**

Canucks, Raymond reach deal

The Vancouver Canucks have avoided arbitration with Mason Raymond by signing the forward to a two-year, $5.1-million US contract.

Raymond set career highs with 25 goals and 53 points last season when he earned $760,000. He filed for arbitration and was on his way to a hearing in Toronto yesterday when the new deal was worked out.

Raymond will receive $2.5 million next season and $2.6 million in 2011-12.

$2.6M
Amount the deal puts the Canucks over this year's $59.4-million salary cap.

Raymond, originally picked in the second round by the Canucks in 2005, has 45 goals and 97 points in 203 games. **THE CANADIAN PRESS**

RICH LAM/GETTY IMAGES

▶ Mason Raymond

Sports in brief

Paul doesn't ask for trade

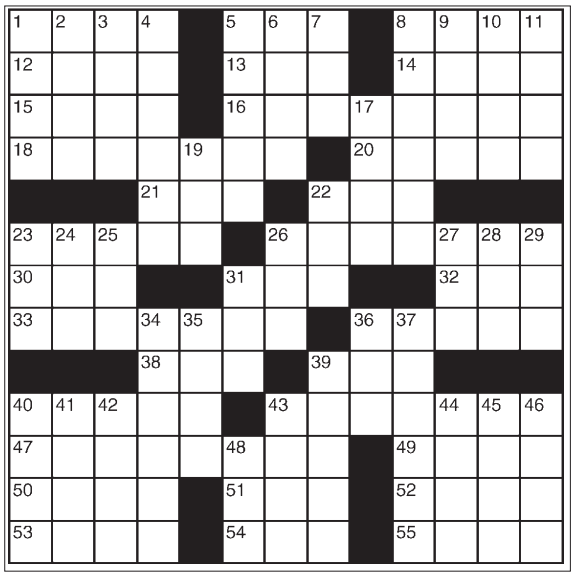
NBA. New Orleans Hornets star guard Chris Paul did not request a trade yesterday in his meeting with new coach Monty Williams and top team officials, general manager Dell Demps said.

Demps added that he was confident Paul would still be with New Orleans when the coming season opens.

Garza tosses no-no for Rays

MLB. Matt Garza pitched the first no-hitter in Tampa Bay Rays history and the fifth in the major leagues this season, beating the Detroit Tigers 5-0 last night. **THE ASSOCIATED PRESS**

Crossword



Across

1 "The Lion King" villain
5 Hurried
8 Piquancy
12 Earring location
13 Discoverer's cry
14 Draftee's rating
15 Astringent
16 Soccer prize
18 Escape
20 Supermarket section
21 Barbie's companion
22 Hot tub
23 Manhandled
26 Sweetheart
30 Past
31 "The Daily Show With — Stewart"
32 Newton fruit
33 Baker's need
36 Surpass
38 Lower limb
39 Relatives
40 Slander
43 Corridor
47 Zamfir's instrument
49 Relaxation
50 Line of rotation
51 — -jongg
52 Epider-mis
53 Roller coaster or Ferris wheel
54 Resort
55 The Red and the Black

Down

1 Refinery residue
2 Singer Natalie
3 Touch
4 New version of an old movie
5 Comic actor Atkinson
6 Sailor's call
7 Neither mate
8 Astrology signs
9 Contents of envs.
10 Pas — (dance solo)
11 Recording
17 Reindeer herder, maybe
19 Marry
22 Morning star
23 Calif.'s ocean
24 — Khan
25 Stir-fry vessel
26 Swindle
27 Sternward
28 Tease
29 Id counterpart
31 Binge
34 Pass by
35 Actress Gilpin
36 Rembrandt's medium
37 If not
39 Buckwheat porridge
40 Mast
41 Long skirt
42 Oklahoma city
43 Jalopy
44 Arouse
45 Largest continent
46 Longings
48 Afternoons, for short

▶ Yesterday's answer

I	C	E	D	■	M	A	G	■	R	A	T	A
D	A	M	E	■	I	N	N	■	O	N	E	S
E	R	I	C	■	S	N	A	P	B	A	C	K
A	T	T	A	C	H	■	W	O	R	T	H	S
■	■	■	M	U	M	S	■	D	O	H	■	■
J	U	M	P	B	A	I	L	■	Y	E	T	I
O	R	A	■	E	S	T	A	S	■	M	E	N
G	I	L	T	■	H	U	M	P	B	A	C	K
■	■	D	A	D	■	P	E	R	U	■	■	■
S	T	E	R	E	O	■	L	Y	C	E	U	M
C	A	M	P	B	E	L	L	■	K	Y	L	E
O	R	E	O	■	U	S	A	■	L	E	N	T
W	O	R	N	■	F	U	R	■	E	R	A	S

Sudoku

	4		3					
1	2					6		5
		8		2				7
2		3		5	4			
	5						9	
			7	9		3		8
6				1		5		
9		1					2	3
					3		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	5	1	2	3	8	4	9	6
3	4	8	9	7	6	1	5	2
2	9	6	5	1	4	3	7	8
6	7	9	1	5	3	8	2	4
8	2	3	4	9	7	6	1	5
4	1	5	6	8	2	9	3	7
5	6	7	3	4	1	2	8	9
1	8	2	7	6	9	5	4	3
9	3	4	8	2	5	7	6	1

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GreySaber, when the sky is dark and the world is cold, you are the light that warms my soul. **ANJELKA**
Calandra, we've been through some hard times recently but we have, can, and will make it through, I love you so much **JAMIE**
babaay, I can't even begin to tell you how happy you've made me. Even though it's only been 3 months feels like over 3 years... Your the only one that makes me so 'Karaazzy' .... Can't stop won't stop... **JKJ**
Bb, Im so glad the 3000 miles apart hasn't stopped us from being together for one year! I love you more than anything and I always will. **YOUR DARLING**
Love for my Pretty Ricky It's only been a few months now but since you've been a part of my life I've been so much happier & just like a happily ever after, I hope this lasts forever ..
ALL MY LOVE, LALA ;)

The Weather Network
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Today Sunny 24°/ 16°
Wednesday Sunny 24° / 16°
Thursday Sunny 23°/ 16°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 Everyone knows you are smart — you don't have to prove it. You may feel the urge to show off a bit today but there is a danger you could go too far and end up looking silly.

♉ Taurus April 20-May 21 Mercury is well placed in your chart at the moment and good news of one sort or another is sure to come your way over the next 24 hours. Having said that, it might be wise not to take too much for granted.

♊ Gemini May 22-June 21 By all means reach out and help someone who is having a hard time but don't poke your nose into their business if they make it clear they don't want your assistance.

♋ Cancer June 22-July 22 Your mind is moving extra fast at the moment and you will solve in an instant problems that others just can't get to grips with. Use your intellectual superiority to impress important people.

♌ Leo July 23-Aug.23 By all means think big but don't assume that your plans will somehow be magically translated into the kind of rewards and applause that you crave. There are no short cuts.

♍ Virgo Aug. 24- Sept. 22 You have to make a choice regarding your future and with Mercury moving into your birth sign today there is no doubt at all that you will make the right one. You know what it is you most desire — so take it.

♎ Libra Sept. 23-Oct. 23 There is a fine line between saying what needs to be said and saying too much and you must watch out you don't stray over it today. Do you really need to voice your opinions about someone's inadequacies? Then don't.

♏ Scorpio Oct. 24-Nov. 22 You need to confide in someone you trust, someone who will tell you what you need to hear rather than what they think you want to hear.

♐ Sagittarius Nov. 23-Dec. 21 Important people are watching you closely, and not only watching but listening too. The way you act under pressure will tell them what they need to know about your suitability for promotion.

♑ Capricorn Dec. 22-Jan. 20 If you are going to make some kind of offer you must be sure that you can deliver. It's no good boasting that you can do this and do that if, when it comes to the crunch, you struggle. It makes you look bad.

♒ Aquarius Jan. 21-Feb. 18 When taking risks there is always the possibility that you will get it wrong. So long as you are aware of that fact, and prepared to deal with it if it happens, then go ahead and make your play.

♓ Pisces Feb. 19-March 20 You may know that someone has not been telling the whole truth about what they've been up to but don't make it an issue of it. **SALLY BROMPTON**

Caption contest

THE ASSOCIATED PRESS

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARK KEPPLER/THE ASSOCIATED PRESS

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Aug. 14 • 1 wk.
$899
+Taxes & other fees (including service charges): $266

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★
All-Inclusive
Standard rm.
Nov. 6 • 1 wk.
$1019
+Taxes & other fees (including service charges): $285

Gran Bahia Principe Coba • 5★
All-Inclusive
Junior suite
Nov. 6 • 1 wk.
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+Taxes & other fees (including service charges): $285

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All-Inclusive • Junior suite
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$799
+Taxes & other fees (including service charges): $327

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
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1 wk.
$1149
+Taxes & other fees (including service charges): $294
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Aug. 11, 12, 14, 15, 17 – 26, 28, 29 & 31
1 wk.
PRIVILEGES
$1199
+Taxes & other fees (including service charges): $294
Please add $50 for Sat. & Sun. departures

CUBA

Santa Clara via Toronto

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Aug. 7 – 21 • 1 wk.
$889
+Taxes & other fees (including service charges): $221

Varadero via Toronto

Iberostar Laguna Azul • 4 1/2★
All-Inclusive • Standard rm.
Aug. 8 – 22 • 1 wk.
$1189
+Taxes & other fees (including service charges): $221
Please add $50 for Sat. & Sun. departures

TURKS & CAICOS via Toronto

The Alexandra • 3 1/2★
Garden view deluxe studio
Aug. 7 & 8 • 1 wk.
$1089
+Taxes & other fees (including service charges): $267

SAINT LUCIA via Toronto

Bay Garden Inn • 2 1/2★
Standard rm.
Aug. 7 & 8 • 1 wk.
$1189
+Taxes & other fees (including service charges): $238

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